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## Cardinals Soar to Victory 76-69 Over IUSB Titans

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# Cardinals Soar to Victory

76-69 Over IUSB Titans  
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PHOTO BY AUTUMN MEIS



**PRAY FOR PALU BRINGS IN EXCESS DONATIONS**  
“With the support of the students, faculty and community members, I think that we exceeded our goal by a huge margin and we really can’t thank everyone enough for supporting our cause.”  
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**#ADVENTISTREVO-LUTION?**  
“Though I believe we must take a step back and indeed re-engage with our local communities, we cannot do so at the cost of this global church.”  
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**TAKE A BREAK**  
“Listening to instrumental music with no words rids your mind of any distractions in the words and compels you to just listen to the tune of the melody and harmony, allowing your mind to enrich a calm and peaceful environment before continuing your busy day.”  
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**MEET YOUR SENATOR**  
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“The only thing scarier than not planning out the future is planning it out and regretting the choices I made.”  
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## News



Kara  
Herrera  
News Editor

## Lighthouse Vespers Brightens HPAC



PHOTOS BY AUTUMN GOODMAN

**Moriah McDonald |**  
On Friday, Nov. 1, the second Lighthouse Vespers of the year was held from 8:30 to 10:50 p.m. at the Howard Performing Arts Center, featuring a song service and Dr. Christena Cleveland as the speaker. People took their seats as the lights began to dim, and the crowd's urgent chatter grew silent as live music filled the room. Evenny Milliner (senior, social work) entered the stage.

"Your soul is wandering in an abyss of indecision," she began. As she progressed to speak about how we "choose to carry on and on and on and on," a red hue of light enveloped her. She spoke about sharing her own light to restore one who was in the pits of darkness. As she said this, a warm yellow light overcame the previous red hue.

The crowd clapped as she exited the stage. Michael Nixon, the Vice President of Diversity and Inclusion, took the stage next. He eagerly explained the significance of Lighthouse that night through his relationship with the speaker, Dr. Cleveland. He told the audience that he had spent time with Dr. Cleveland, women in ministry and

Andrews faculty talking about the importance of diversity and inclusion. Dr. Cleveland reportedly had encouraged him to get a job at Andrews.

The next people to enter the stage were the musicians. The lights dimmed once more, and the first few notes of the first song broke through the air. After an interactive singing session with the audience, Serge Gedeon, the praise leader, spoke briefly about the shame that can prevent us from reaching the potential God has for us.

Whitney Duggins (freshman, psychology) said "The song service was heartfelt. It really touched me, especially when the lead singer talked about shame. I feel that many of us deal with this issue, and we forget that God is merciful and always forgives us." She added "I felt like God was in the room with us, because I felt this sense of holiness. At every vespers I always feel at ease and I don't worry about anything."

The singers finished their closing song and exited the stage, prompting the audience to remain singing. Shortly after Dr. Cleveland came onto the stage. Dr. Cleveland is a



social psychologist and public theologian, an author and a professor. She spoke to the audience about her own experiences growing up in an academically driven household, and how they shaped her to believe that she had to be "superhuman" to please God; she was therefore always attempting to fix herself in some way. Through a mindfulness class she attended she discovered that God's love is always available and always offered by Him, we only

have to receive it.

I asked Terika Williams (freshman, biology and English) said Cleveland's "comments inspired me to be mindful and try to look at God as a God of love," and that "I really liked when she talked about being human and wanting attention." As far as how we can achieve unity, Williams, following Cleveland's line of thought, said "We practice unity by giving up our power to give attention to others."

Dr. Cleveland went on

to discuss the dangers of exaggerating differences between ourselves and those who look, act, and/or believe differently. She mentioned that New Testament writer Paul warns us against these differences. He writes, "Now I plead with you, brethren, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you."



## News

### Indonesian Club Prays for Palu

**Richla Sabuin |**

On Nov. 4, the Andrews Society of Indonesian Students and UNICEF did a collaborative fundraising event for the victims of Palu, Indonesia, who were affected by an earthquake of magnitude 7.5 and the subsequent tsunami.

"It was one of the deadliest disasters to ever hit Indonesia. Even though none of our direct family members were affected, our hearts still go out to the thousands of vic-

tims who lost their family members, their homes and their lives. My committee and I unanimously decided that this was something we had to do for our people," said Tosca Sumampow, the president of ASIS.

People enjoyed the performances by some of the students on campus while eating Indonesian food that were on sale, made by the ASIS officers and Indonesian aunties. There were also stickers, event t-shirts and batiks for

sale.

During the event, there was a moment of silence to remember the victims of Palu, with a speech by Melody Nelwan (VP Social of ASIS) followed by a prayer by Gabriela Wicaksono (VP Religious of ASIS).

Tosco also mentioned that all the money will be used for the victims. "We will be sending the proceeds to the Indonesian National Board for Disaster Management (Badan Nasional Penanggulangan

gan Bencana), and the funds that are collected would be used to provide resources for the treatment of the victims who lost their homes and are currently living in temporary camps set up by the organization."

She said that the goal of this fundraising event was to raise the awareness of the disasters that happened and to be able to raise enough money in order to make a difference in the lives of the victims by providing

whatever help to rebuild their lives.

"With the support of the students, faculty and community members, I think that we exceeded our goal by a huge margin and we really can't thank everyone enough for supporting our cause," Sumampow explains.

"Even though none of our direct family members were affected, our hearts still go out to the thousands of victims who lost their family members, their homes and their lives."

### Physical Therapy Students Serve the Community



PHOTOS BY AUTUMN MEIS

**Autumn Goodman |**

The annual Physical Therapy (PT) Service Clinic was held this past Sunday, Nov. 4. This event was open to the community as well as to students of Andrews University. The event was advertised by social media, email, flyers and word-of-mouth. People were given the opportunity to make an appointment ahead of time, or to come to the clinic as walk-ins. After filling out some paperwork, they could then be treated for various inju-

ries.

Cindy Taylor, a first-year PT student, said "The purpose of the clinic was for our current physical therapy students to help those in the community and for them to practice their skills before going out to the clinics."

The physical therapy students were a big part of this event. The first year students took care of registration and taking the patients' vitals, while the second year students were involved with the patients' treat-

ments, helping them to stretch and exercise their muscles.

Each person that I met at this event was friendly and kind. They each seemed to be enjoying what they were doing and made patients feel welcomed.

I asked Matthew Rajarathinam, a student at Andrews University, about his experience. He said that the treatment was helpful and "I was able to go in and get advice on how I can do workouts in my own dorm room



to improve my condition. That's exactly what I went there to get." Matthew also said that the people were friendly and that "the atmosphere was relaxed and casual while still being serious about helping the patients."

While not all PT students were required to help out in this event many were glad to volunteer their

time. It is refreshing to see people come together to serve the community and help those who may otherwise not receive such care. As we see how the PT department has taken initiative in serving the community the question comes to mind: what is your department doing to serve the community?

## Ideas



Frentzen  
Pakpahan  
Ideas Editor

## On Chaplain Polite's "Adventist Revolution"

**Frentzen Pakpahan |**

There has been much anguish in the Seventh-day Adventist community here in North America over the General Conference Annual Council's decision to accept disciplinary measures against non-compliant entities. I personally take issue with the way the General Conference handled the vote (a simple majority should not suffice in such grave matters) and the threat that centralized authority poses to the beliefs that propelled the formation and growth of the Seventh-day Adventist church—things such as progressive truth, two-way communication between the local church and the General Conference, cultural accommodation and our commitment to biblical truth. Chaplain Polite, a man whose faithfulness and ministry I admire, shares my belief that we should continue to labor for the souls both within and without the church.

On Oct. 30, Chaplain Polite released two videos entitled "A Revolutionary Response to the 2018 General Conference Annual Council" and "#AdventistRevolution (3 Revolutionary Action Steps)". He advocates for an Adventist revolution. Initially I thought he would follow in the vein of much of the rhetoric I've heard, and advocate for secession from the General Conference. Rather, he calls on Adventists not to "disengage but re-engage with a renewed fervor." His main call is to resist the definition of unity as "conformity" or "uniformity" and instead hold to the original Greek translation of "one-accordness" as

harmony. This definition requires the acceptance of "variation." His emphasis is not to change the world church, but "changing the current status quo one local church at a time."

I wholeheartedly agree with such a revolution. Our youth is already leaving in droves, but for those who had wanted to stay—especially the women of the church who rightfully feel disillusioned with what is obviously a sexist and outdated mode of thought—now is the time to save it.

In the interest of articulating the best possible course of action, I have a few critiques and questions for his "3 Practical Ways to Join the Revolution". His three ways are as follows:

1. "We must become intolerant of institutional injustice."
2. "We must value and maximize the power of our influence."
3. "We must take a renewed interest in the role and responsibility of our investments."

Besides the "institutional injustice" of not ordaining women, where are the "eurocentric values [that] are the only preferences acceptable before God"? Are these tied into one another? Certainly not, as it is largely the "Global South" (i.e., Latin America, Africa, greater Asia) that still holds that women should not be ordained. If he is speaking to greater issues in Adventist education, then I would say it is true that European history and values have an inordinate place in our academics, but after the Muslim conquests of the eighth century, Christianity was largely a European faith. It is only in the last five hundred years that Chris-

tianity truly branched out into the world, and only the last two hundred wherein people of color, such as myself, have received the privilege of a general education and the place to speak in society. That is not to say we should continue to impose European values on Christianity, especially in the mission field. Hymns in old English shouldn't necessarily be sung in Peru, Zimbabwe, or Indonesia. Instead, we should continue to discover and speak of the difference between that which is uniquely European and that which is Christian.

In order to "maximize the power of our influence", Chaplain Polite calls for us to "reclaim this [Gospel] movement on behalf of our local communities." This is a warranted reaction, especially in light of the fact that the Global South, which most of us will never see, has rejected our belief in women. But this and his next point, the allocation and use of our monetary blessings, leaves me cautious. I have been struggling to understand how to confront the fact that a vast majority of Seventh-day Adventists still live in cultures that fail to uphold the equal value and place of our women. Should we leave them as they are? After all, Christ worked within the boundaries of our cultures. But of course He also took the time to affirm women—their lives, their faith and their significance in His eyes. Should we work to demonstrate the difference between what is African, Asian, Latin or Brazilian tradition and what is Christian belief? Or is that too ambitious?

Furthermore, I take issue with Chaplain Polite's claims that "we have been inundated with rhetoric speaking to our need to give to a centralized storehouse if our tithe and offering is to be accepted by God." There are certainly Mission Spotlights and the like sponsored by the General Conference which highlight the needs of Christians around the world, but along with the interpretation that these are meant to guilt-trip is the interpretation that they serve to show the plight and poverty of our fellow believers around the world. This is not to mention the fact that though there is no storehouse mentioned in the book of Acts, the early church did not have the same structure it has today. In fact, Acts 11 predicts a famine unlike any ever seen before and Paul later requests, in the books of Romans and 1 Corinthians, money to aid the church in need in Jerusalem. In modern terms, churches in the poorer parts of the Global South are in far more need than, say, Pioneer Memorial.

Though I understand the desire for updated facilities, I believe Pastor Dwight Nelson's recent call to fundraise on behalf of Pioneer Memorial is misplaced. The infrastructure of Pioneer Memorial, though slightly outdated, is not crumbling. This is one problem that I see if "offerings were utilized to strengthen the health and vitality of the local community." I can't yet disagree that we need to disempower the General Conference somehow. But how do we ensure that the money goes to the greatest need in our communities?

I worry that it will instead build up enclaves of wealth in the church.

Part of the postmodernist argument is that we need a variety of perspectives and narratives to prevent the imposition of one story over all others. The Church should have seen this coming. How do you unite and hold together a *world* church? Ideally we would set outside our diverse cultures to first look at our common humanity and need for Christ. Members and powers that be of the Seventh-day Adventist Church across the world have failed to do that. But then, do we only turn inward? Yes, the General Conference has rejected us. But though I believe we must take a step back and indeed re-engage with our local communities, we cannot do so at the cost of this global church. But then again, we must ask whether that is possible in the light of recent events and decisions. I wholeheartedly agree with Chaplain Polite that change is needed, and that we need to respect cultural differences in the church. I simply want to suggest certain concomitant issues and disparities in his proposed solutions. But no plan is perfect. We must do something *now*.

Take courage.

To view the videos mentioned in this article, visit Chaplain Michael A. Polite's Facebook page and Youtube for more.

To view a transcript of the videos, follow this link: <https://tinyurl.com/politetranscript>

Transcript by Frentzen Pakpahan



# Ideas

## Not This

**Kelli Miller |**

Well, here we are. November has begun and the color of the leaves suggest that snow will be with us shortly. It'll be okay, don't worry, just buy a parka. Thanksgiving break is in two weeks, and then only two weeks left till Christmas. Thank God! I don't know what your classes have been like this semester, but I know that mine have felt very disconnected from what I want to do. I'm not sure what that is yet, but in every class I've had this semester I say "not this." I am frequently having to answer the self asked question, "What's the point?" I am sure we have all felt this way about one class or another—whether it's English, math or science, all of us have had a gen-ed class that has made us ask why. It feels like high school all over.

I am not opposed to the idea of gen-eds—for other people. A lot of the information we learn in school feels pointless. So I often think, why not spend that time learning about things that we actually find interesting? We would be more likely to put time, effort and energy into remembering things that mattered to us. Instead, it seems we slog through information while looking forward to that moment after the final when we can wipe our minds of every shred of material we just memorized.

Unfortunately, it does not matter what I say in this article. When I have finished writing it, and you have finished reading it, both of us will still have to put the newspaper down, and do the homework for that general class. So because I can do

nothing to change that, I will spend the second half of this article hopefully encouraging you (and myself) to get through.

School is not so much about the information, but rather about methods. How many details will you really remember about cell histology after that A&P test? Probably not most of them, but what you will remember is what you had to do to pass it. School is about learning how to handle deadlines, be on time and work with others. It's about learning how to formulate your thoughts so that you can share them effectively.

Although sometimes it may feel like It's really about learning which online summary sites are reliable, shame on you and me. If you actually set aside the time and do the homework, you will be forming good

work habits for your life.

If you are like me, and feel really unmotivated by your particular classes this semester, try to remember the ways that they could benefit you. Also know that you will most likely have something that you don't like that you have to do for the rest of your life. There will be something at work or some chore at home that is unenjoyable, but you'll just have to do it because this is life and it is rough sometimes. I have recently started reading Jordan Peterson's 12 Rules For Life and one of the first premises that he asks the reader to accept is that "life is suffering". The world is cruel and we each have our burden to carry. We cannot erase this fact. What we can do is bring meaning to this suffering. The only thing worse than suffering is

meaningless suffering.

Let's apply this life truth to school. I know sometimes generals unrelated to your major may feel like pointless suffering, but try to bring meaning to your suffering for the rest of this semester. Maybe you can make a friend in that particular class who you would not have met otherwise. Maybe there are a few useful facts you can learn that you wouldn't have come across. Remember that in school it's not always about the content, but rather that we are learning how to learn, and balance a range of responsibilities. When it comes to motivation, use whatever works! It's better than looking back and regretting what you might have achieved.

“School is not so much about the information, but rather about methods.”

## Policy Change

**Question: What is an Andrews University policy that you would like to implement or see changed?**

**Kara Herrera, News Editor**

Wheelchair and handicap access. So many of our buildings severely lack any sort of feasible entrances for people who cannot use stairs. At best, some buildings have hard-to-reach entrances for wheelchairs to enter through, so students have to use up their ten-minute break in between classes to go around buildings and enter in through side or back doors. For example, Meier Hall is one of the least wheelchair-friendly buildings on campus.

Having to go all around to the back of the building in order to enter through a stepless door is extremely time consuming and difficult, and there are also double doors at that entrance. Andrews University in general, can do better in making it easier for our students in wheelchairs to get to classes, at least to the point where it's equal for students not in wheelchairs.

**Adriana Santana, Humans Editor**

I would like to have designated buildings that are open later than 11:30 p.m. As a junior with honor status, it would be nice to actually use my later curfew to do homework outside of the dorm or just to

hang with friends in general.

**Apryl Briley, Pulse Editor**

Overnight requests. We are adults and can make our own decisions about where we go and don't go. I get it if you are under 18, but after the age of 18 we are legal adults and should not need "parental permission" to go anywhere.

**Kaitlyn Rigg, Photo Editor**

We don't need a curfew. If we want to stay out late it is our problem. If we are getting bad grades then it is our fault for staying up too late. But I still think we should have the chance to stay out past curfew.

**Teddy Kim, Copy Editor**

Physically transplant the Science Complex to where Marsh Hall is. That walk from Meier in the winter is brutal.

**Megan Jacobs, A&E editor**

If I'm paying \$1800 for my food account, I should be able to put all three salsas on my burrito. Charge an extra dollar. It's not like I can get leftover money back at the end of the semester.

**Frentzen Pakpahan, Ideas Editor**

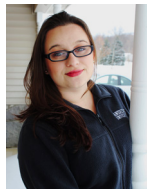
Would Peter, James, John and their squad "The Twelve Disciples" have played flag football on

such a patchy field? I think not.

P.S. Let the cows roam free.

*If you'd like to have your voice heard, the Ideas section invites you to come, write and make your opinion known!*

## Pulse



Apryl  
Briley  
Pulse Editor

## Cardinals Win First Game of Season



PHOTOS BY AUTUMN MEIS



**Cristen Williams** | On Nov. 3, the Andrews University Cardinals played the Indiana University South Bend Titans in their first game of the season, winning 76-69.

The gym smelled salty. Was it the sweat of anticipation on the watchers' brows or the popcorn at the concession stand? The hardcore Cardinal fans were easily spotted, with red & white paint dotted across their face. Some had red stars by their eyes and cheered with hand-made signs. Zo Williams (sophomore, nursing) observed, "They show a true sense of diversity on and off the court."

During half-time I went

around and asked fans if they thought the Cardinals would win, even though they were down a few points. Many did not fret for they had confidence in our team. Some wondered why I would even question it.

Zo Williams and Toni-Ann Gayle (sophomore, communication) remarked, "If they continue to display this kind of sportsmanship then we are confident that they will win. If not, they will still receive our support!"

I myself marveled at the ease that our Cardinals gained access to the ball. One player in particular, Barry Armstrong (sophomore, biology), stole the

ball on numerous occasions. In mere seconds, he was down the court making a lay-up. The players passed the ball to one another like clockwork, always focused on the situation at hand while also being two steps ahead.

Center Jeremiah Irby (senior, health & wellness) commented on how it feels to be on the team: "It feels great to be a part of something like this because if we can produce what I know we are capable of producing we can take it to the top." When describing the game, he says, "It was live, the crowd was hype, my team was cooking! It felt good to have all the sup-



port from the fans and to put a show on for them." Irby, the defensive anchor of the team, had one last thing to say: "I want to give a shoutout to everyone who came out to the

game. Keep on supporting. I love the fan base. ANDREWS! LET'S GO ANDREWS!"

## How to Get Fired

**Dani Maletin** | Everyone strives to do everything they can to keep their jobs. However, is it truly that easy to get fired? What can we do to prevent this? This is an imperative topic to cover for college students as we are all going out into the workforce as soon as we graduate. We need to know what is considered appropriate and what is not.

Lamson Hall offered a

co-curricular course in the Living Learning Center on 'How to Get Fired', essentially talking about proper workplace performance. The presenter, Tara Thona (student dean), presented this lesson in a very interactive manner by using Kahoot, a gaming question site, to help the audience of 40+ people understand the message.

A key phrase she continually emphasized is

that "the little things matter. They 'add up', which couldn't be truer in regards to how we treat others and the proper workplace etiquette we display. Simple things such as reading the handbook, being honest, cultivating our social media to be appropriate and being timely are all indicative of how we will thrive in the workplace, and whether or not we will be getting fired. In this day and

age our media footprints have a large impact, and we need to be especially careful to monitor the things we say and post.

When asked what she learned during the presentation, Heidi Harris (junior, international agriculture/development) said, "Bosses are human too and need forgiveness sometimes, which I should think about before posting anything bad about them. I felt like this

lesson was interactive, and gave me the opportunity to not have to talk but still be a part of it." We should act in the manner we wish others would in the workplace. If you wouldn't hire someone with bad habits, how can you have those bad habits and expect to be hired in return?



## Take a Break

**Vanessa Angel |**

It is that time of the year where we all have assignments, projects, quizzes, exams and papers. Our brains are confined to waking up, going to class, doing homework, outside work, sleep, repeat. We don't get a break from the cycle of school. However, sometimes, our brains need rest in order to refresh, rewire and start up again. I know that it might seem difficult to take breaks at this point of the semester. However, here are some tips of what you can do in order to take breaks amongst the chaos of everyday. Even five minutes a day can help your brain reset.

Listen to an instrumental song once a day: I think that taking time out of the day to listen to at least one instrumental song can calm your mind

and help us reset. At least once a day, listen to the sound of an instrumental song, forgetting everything you have to do and taking slow, deep breaths. Listening to instrumental music with no words rids your mind of any distractions in the words and compels you to just listen to the tune of the melody and harmony, allowing your mind to enrich a calm and peaceful environment before continuing your busy day. In addition, taking deep breaths while listening to the song can calm your anxiety and stress. Think of this as your reflection time.

Watch an episode on Netflix: Watching one episode on Netflix is okay! It only becomes a problem when you watch it late at night, or binge watch an entire season. Give your-

self an agenda, and once you have completed everything for the day, relax and limit yourself to just one episode of your favorite tv show. Studying can be overbearing sometimes, but knowing how to balance study time with personal time can help you in the long run.

Allow 30 minutes to exercise: taking an exercise break is beneficial to the body and will give you a boost in energy and concentration. Thirty minutes of exercise at least three times a week will help you not only look great, but will also give you the ability to perform tasks in a more efficient way by boosting your energy levels as well as memory.

Allow five minutes in between studying: try studying for 30 minutes straight, making sure to

not touch your phone. After the 30 minutes are up, give yourself five minutes of break time to stretch, drink water and maybe go on social media. However, make sure it's only five minutes and that you get right back on track.

Let your inner creativity shine: as a study break, grab a blank paper, colored pencils and just draw your feelings. If you do decide to use your five minute study break to include coloring, be creative and use a blank page or print out a coloring sheet from the internet and color away. Coloring is a great way to de-stress and take your mind off things.

Breaks are good and necessary because they help the mind refresh and reset. Never forget that you need to have a balance of school and personal

time in order to keep your stress levels at a reasonable range. Whether it's listening to an instrumental song, watching Netflix, taking five minute breaks in between studying, or just coloring away, your brain craves time to enjoy the little things in life. Lastly, never forget that God gives you peace always. You can talk to him in any and every circumstance that you face. Yes, school is important, but never lose sight of the bigger picture as the Bible says, "But seek first his kingdom and his righteousness, and all these things will be given to you as well" (Matthew 6:33). God has your back always.

## Times are Changing

**Jared Marsh |**

As the blustery winds blow us into sweaters, jackets and scarves, and the photosynthetic carotenoids increase on the Andrews University Arboretum, we are reminded that the long, white winter will soon make its four-month stay here in southwest Michigan. While the onset of winter has been inevitable since the dawn of time, there's been an additional parameter of this particular seasonal change that has only been inevitable since

1918: Daylight Savings Time.

Originally enacted during the end of World War I to conserve fuel needed for the production of electric power, the United States legislature has been back and forth on its mandate, depending on citizens' attitudes of approval or lack thereof.

"I think we need daylight savings time," observes Paul Thompson (junior, chemistry), "it allows the sun to be up earlier in the day during the winter months so that

when kids wait outside for the bus in the morning, it isn't dark outside."

However, others see it in a different light. "I believe that daylight savings time is an antiquated concept that no longer serves any purpose. It served its purpose during the war, but now it is outdated and unnecessary because of modern technology, like street lights, makes it obsolete," says Jacob Davis (senior, engineering), "it should be abolished."

While the decision to make the change happen

at 2:00 a.m. was probably made by a government committee with the hope of minimizing schedule upset, based off the premise that most people will be asleep at 2:00 in the morning, here at Andrews this particular chosen time actually complicates dormitory curfews. Because the clocks will reverse from 1:59 to 1:00, there will be, technically, two 1:00 a.m.s that night. Dorm students with 1:00 a.m. Saturday night curfews will be expected back at the first 1:00 a.m.,

though some students disagree with this decision.

"People should be allowed to stay out until the second 1:00 a.m. instead of the first," says Alyssa Walter (junior, elementary education).

Regardless of whether you were sleeping, studying or partying Adventist style at 2:00 a.m. last Saturday night, one thing is certain: times are changing, and we are moving closer and closer to the end of another Andrews University semester.

## Master Time Management

**Counseling and Testing Center |**

The key to good time management is understanding the difference between urgent and important. Urgent tasks demand your immediate attention, but whether you actually give them that attention may or may not matter. On the other hand, important tasks matter, though they

may not demand your attention as insistently, and not doing them may have serious consequences for you or others. Learn to recognise and avoid things that may distract you from getting your urgent and important tasks done. This distinction between urgent and important is the key to prioritising your time and your workload,

whether at school, work or at home.

Remember, too, that you and your health are important. Just because you have lots to do doesn't mean that doing some exercise, going for a 10 minute walk or making time to eat properly is not important. You should not ignore your physical or mental health in favor of more

urgent activities.

What can you do if an important task continually gets bumped down the list by more urgent needs? Consider whether it is genuinely important. Does it actually need doing, or have you just been telling yourself that you ought to do it? If it really is important, then consider delegating it—or asking a friend or

family member to help you out or keep you on track (see more on delegating skills at <https://www.skillsyouneed.com/lead/delegation.html>).



Humans



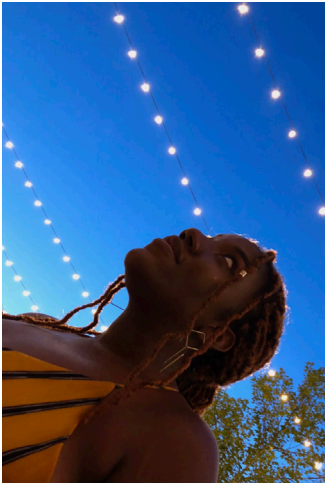
Adriana  
Santana  
Humans Editor

Do You Vote?

Interviewed by Darius Bridges



**Karina Kajiura, freshmen, history**  
I do intend to vote. As a human I have certain rights and as an American I know that these natural rights have been guaranteed to me in the constitution. I enjoy the right to life, liberty and the pursuit of happiness. But I believe that since I enjoy this right to life I also have a duty to life and a duty to resist tyranny. Our system of government was created in order to harness the will of the people, resist tyranny and protect the natural rights of people. I know that this system only works when the citizens participate and do their part.



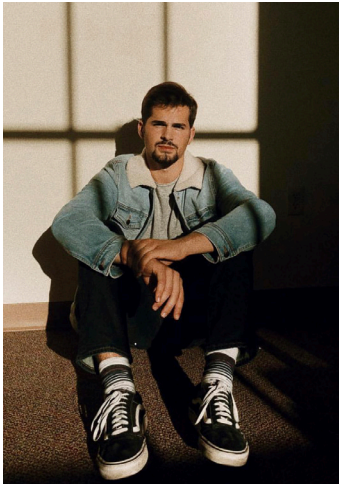
**Jameeka Williams, junior, history pre-law**  
I vote and stress the importance of voting in midterm and state elections because the small changes for those running the state, senate and congress, the winners are the ones who make the real decision for the path our country is heading. The presidential election is a sham because of the electoral college but all other elections are direct forms of democracy that brings direct change. Although voting in direct democracy does bring to power those who will be part of the electoral college and bring forth the “best” president.



**Yasmine Siagian, junior, psychology pre-medicine**  
I do vote in elections! Or at least I’m trying to. My absentee ballot hasn’t come in the mail yet, so they’re kind of slacking, or maybe they’re trying to suppress my vote. But I think that’s exactly why we should vote: to overcome those who don’t want us to have a say. It seems like the system is rigged so that those in power always win, but it’ll stay that way unless enough people vote for what they believe is best for them.



**Cinthia Costa, senior, nursing**  
Election season allows us as citizens to have a voice of opinion and power. I believe that individuals who do not avail themselves in the voting process should be educated. As Plato put it: “The price of apathy towards public affairs is to be ruled by evil men.”



**Marcos Burgos, sophomore, pre-physical therapy**  
I’m not going to be voting this year. I haven’t researched the candidates enough to have a good enough reason to vote for a specific one.



**Aaron Amaya, freshmen, architecture**  
I’m not going to vote, because I don’t feel as though my single vote will have a significant impact in the grand scheme of things. Times are different.



**Asia Kirkland, sophomore, nursing pre-medicine**  
I vote because I understand the importance my voice has even though it may seem small.



**Sharyl Cubero, junior, biology pre-law**  
I can’t vote because I’m not a citizen, but I’d like to. That’s why I motivate people to vote.



# Humans

## Senate Update: Justin Johnson



PROVIDED BY JUSTIN JOHNSON

**Interviewed By David Forner**  
Justin Johnson  
Sophomore  
Medical Laboratory Science  
AUSA Office: Senator-at-Large

**For those unfamiliar with AUSA Senate, what is the Senate's role on campus?**  
AUSA represents Andrews' student body, but I like to say that Senate is a greater representative of Andrews students because Senators are elected from students' "districts"—or place of residence—and, as elected by each district, each Senator provides a direct connection from AUSA to their constituents. Senate really serves as a voice for students, as well as a catalyst for change, because anybody can come to Senate, propose an idea, and we'll help try to get it done.

**What is your role as Senator-at-Large?**  
I am a Senator with a cabinet position, so basically I represent Senators at AUSA Executive Committee meetings. Typically, I'm also the "EVP" (Executive Vice President) to the EVP, but in the absence of an Executive Vice President—who chose to step down from the role for personal reasons—I run Senate in her absence.

**Why did you want to be a Senator, more specifically, this year's Senator-at-Large?**  
I live in the community, and a lot of community students feel as though their voices aren't heard as much as those of Meier [Hall], Lamson [Hall] or University Towers because we don't live on campus. I thought

to myself that I'd like to bridge that gap between the university and community, and so I got involved with Senate my freshman year.

This year, I wanted to help the next "generation" of changemakers make that change here at the university, because usually a lot of Senators are freshmen, people straight out of high school, and they are so idealistic but don't know where to start. So for me, I am fulfilled by helping people meet their goals and make a difference around the community.

**What are some of Senate's greatest accomplishments so far this academic year?**  
To be honest, Senate is a bit behind this year, in part because of the loss of the EVP, but also because you know how the university works—everything is a slow process. However, Senate is working on a variety of projects to better the campus, and a lot of the projects are still in stages of being completed. Two projects that have been already completed include getting access to printers for Burman Hall residents—which funding was approved for last night—and purchasing new equipment for Meier Health Club.

**From my time as an AUSA Senator, I remember that Senate has a large budget for "Spirit Grants" that, once requested and approved by Senate, can be used for funding campus initiatives and events. Has anybody requested a Spirit Grant this year? And for those who have never heard of Spirit Grants, what are they?**  
At the start of the year, Senate is allocated almost \$10,000 from the AUSA budget to devote to projects across campus. Any student organization is eligible to apply for a Spirit Grant to spend on a project that enhances Andrews University by—I'll quote from the Spirit Grant Application Form—honoring the five themes of spirituality, unity, diversity, justice and innovation. Some of the money to purchase new equipment for Meier Health Club came from the Spirit Grant budget, and money was also approved and given to ASIS (Andrews Society of Indonesian Students), UNICEF and the School of Business Administration for the "Pray for Palu" fundraiser, which they organized to support victims of the recent tsunami in Palu, Indonesia.

**A complaint I received as a Senator—and one I don't think is entirely unjustified—is that Senate doesn't seem to get enough done, or doesn't advocate enough on students' behalf. What are ways that Andrews University students can get more involved with Senate, and to ensure that they're happy with their Senators' work on their behalf?**  
Yes, in the past, Senate hasn't had as much visibility, and we're trying to change that, both this year and in the future. One way in

which people can engage with their Senators is to talk to them. Often I get complaints from Senators that, "Oh, our constituents don't speak to us," and I remind them that it's their responsibility to get to know their constituents, but of course it would help if the constituents were more vocal too. Another way is to come to our meetings; they're open to the entire student body, so if students want to know what's going on, they can come and see everything for themselves.

**You haven't mentioned the project you're working on this year. What is that, and how's progress on that coming?**

One thing I'm trying to work on is getting vending machines in the Science Complex. People have been upset about that, and myself included, because I'm someone who stays in the Science Complex all day long and gets hungry there too. I'm working with another Senator to try to help move this project forward, and I'm looking at revisiting the Bikeshare Program as well.

**I'm going to return to my former question, because when I was a freshman in 2015-2016, Senators were trying to get vending machines in the Science Complex then. So I think a fair question to ask is why some projects never get finished, and also what can be done to change that?**  
A lot depends on who's working on the project, and like last year the senator who was working on the vending machines project in the end only needed to convince Dining Services to put vending machines there—and so there's usually hurdles like that for Senators' projects. We can push as much as we can for a project but then there's only so much we can push for. And fresh ideas come in every year from Senators, and we try to make them work, but sometimes they can't. However, if students have things they'd like to see changed or resolved, we really want them to talk to their Senators, so we can try our best to do that. That's what Senate is here for.

**Okay, let's look big picture: If there's one thing that you want to see happen this year with Senate, what is it?**  
To engage more with the student community, and make lasting changes that will positively impact this community—that's what I want most.

*AUSA Senate meetings are on Mondays at 8 p.m. in the Leadership Lab located in the Campus Center. Anyone interested is invited to attend.*



Scott E. Moncrieff  
Faculty Advisor



## Arts &amp; Entertainment



Megan  
Jacobs  
Arts &  
Entertainment Editor

## Queen Breaks the Mold

**David Dunham |**  
*This review does not  
contain spoilers.*

Bohemian Rhapsody was released on Nov. 2, much to the mixed feelings of the public. On the one hand, Queen is a rock group that changed a lot of how we view music now. They wanted to stand out, to “break the mold.” They certainly accomplished this goal, utilizing operatic sections in what could have been a typical four membered rock band modeled after the Beatles or The Who. On the other hand, Queen is a controversial band in a Christian setting, and a movie about them would

garner negative scrutiny and attention. Regardless of that fact, Bohemian Rhapsody gives an accurate glimpse into the wild 1970’s and 80’s.

While the details of any biopic will get a little muddled, the details included paint a portrait of a band consisting of the three young members as more side characters and a major focus on Freddie Mercury—a testament to the fact Mercury is by far the most famous, and thus most interesting, from the group. Mercury serves as both the protagonist and the antagonist of the story, with scenes making you wonder why you should even care paired

with scenes that will just make you want to give him a hug. While focusing on his struggle with his personal sexuality and eventual AIDS diagnosis, Bohemian Rhapsody seems to be grasping at a larger theme, but never really hits that mark. It felt more like a Queen montage than anything hard hitting or emotional, and maybe that’s okay.

When a band like Queen is so intent on standing out, and someone sets out to make a film about them, it is only natural that the film is going to stand out. Because there was no one big moment for Queen, there is no one big climax (with-

out getting into too many spoilers, there is sort of a climax, but it doesn’t hit as emotionally as a climax should), and this pairs well with the film’s episodic nature. In reality, there doesn’t seem to be a clean way the film could have covered so much history with the band while still maintaining a basic story structure, and the filmmakers lean into that fact. The end product is a movie that breaks movie industry standards, just as Queen would have wanted it to.

In the end, whether you are a huge Queen fan or want nothing to do with their music, Bohemian

Rhapsody stands as a tribute to one of the most influential bands to date, and does so with great success. While not your typical feel good movie, it does, in fact, make you feel good when you hear those classic Queen songs you didn’t even realize that you knew. The biggest takeaway from this movie is to stand out. To break out of the mold, and do your own thing, even when the others around you are making the easy choice, and even if that’s all one can glean from this movie, it’s well worth the price of admission.

## Food for Thought From the Sound

**Adair Kibble |**  
Even though Newbold Auditorium isn’t known for being a cozy, intimate space, at the Sound’s first Poetry Slam of the year at 8:00 p.m. last Saturday, the space felt comfortable as many different spoken word poets shared their pieces on themes as varied as mental health, catfishing, heartbreak and the #MeToo movement. Spoken word veterans were present, either in person like Anna Gayle (junior, journalism & communication media), Antone Huggins (junior, wellness) and Eddie Montalvo (sophomore, theology), or through a recorded video like Sharyl Cubero (junior, biology). There were some new faces as well, like Melissa Marciniak (freshman, biology).

First, there was a round where people just shared their poems, and then the second round was the competitive round where performers were rated based on audience reactions.



PHOTO BY HTEEMU DEE

At the end of the night, Kyara Samuels (sophomore, nursing) won first place for her poem about her father and her concern for him and other black men in a time where police brutality is an ever-present threat.

The poem began with the proud statement, “I am a whole lot like my father,” before she painted an evocative picture of him and why she worries, saying, “A swatch of my father’s skin could paint

the most beautiful night sky.”

Both of her parents were in the audience that night to see this poignant lament of the difference between how she sees her father and how her father is seen by others, and no doubt they were very proud of her artistic skill.

Mary Marciniak (junior, nutrition science & dietetics) and Letitia Bulard (senior, design) tied for second place—Mary for her honest and vul-

nerable poem “Mosquito Bites,” expressing her frustration with heartbreak from the beginning lines, “I wish I could stop writing about boys, / But they seem to have left their mark on me,” and Letitia for her anthem of identity “Skin Defined,” in which she disputes the idea that she is primarily a product of her ethnicity, summarized best in her closing lines, “The sum of my parts does not equal ‘black.’ It equals me.”

Mel Burdick’s (sophomore, communication) poem of personal trauma and concern for human rights around the world, “A Year Ago Today,” won third place for its frank contemplation of the effects of her sexual assault (“They say time heals all wounds but how long does it take”) and her rallying cry of “Land of MeToo” calling for justice nationwide for sexual assault victims and worldwide for others facing assaults on their humanity, like children in Syria.

There were many more strong performances of thought-provoking, introspective, retrospective and challenging insights, and I for one am looking forward very much to the next Slam. The co-founder of the Sound, Antone Huggins, put it best several times throughout the evening: “You can buy food, but you can’t buy food for thought.”

## Arts &amp; Entertainment

## Dr. Christina Cleveland Exposes Racial Categorization



PHOTO BY TAYLOR SCALZO

**Natalie Hwang & Megan Jacobs |**

This past Thursday, Nov. 1, Andrews moved the weekly chapel to the Howard for special guest speaker Dr. Christena Cleveland, an associate professor at Duke University's School of Divinity, fifth-generation minister, social psychologist and author of *Disunity in Christ*. Raised in Fremont, California, to a middle-class black family, Dr. Cleveland had the privilege to attend a boarding school in New Hampshire, where the majority of her peers were elite, wealthy and white. It was here, surrounded by people who had nev-

er interacted with black people before, that she experienced first-hand the divide with which our society has categorized blacks and whites. When she pointed out to one of her friends that he had never had a black friend before, his response was, "That's not true; my maid is black."

With this story from her childhood, Dr. Cleveland proceeded to deliver a measured evaluation of the ways in which we categorize and consequently interact with people. She explained that we behave with an unconscious consciousness. A 1995 Bargh study, under the guise of a language proficiency

test, asked people to create sentences using given words. The study showed that people exposed to elderly stereotypes (words like "wrinkles," "retirement," and "Florida") walked significantly more slowly after the experiment than those who had not. We are often unaware of the multiple influences on our thoughts, emotions and behavior, and we often do not know why we interact differently around those different than us. We categorize and separate ourselves from others, creating us/them distinctions and holding a mindset of "outgroup homogeneity"—they are all the same; we are all unique and different.

Dr. Cleveland recounted a worldwide major incident that occurred while she was in high school. The year was 1999. Rudy Giuliani was the mayor of New York City, and he set out to "clean up" the city. A young black man was coming home from his job as a short order cook and was walking to his apartment. Four white police officers called out to him, "Stop. We need to talk to you because you look like someone we're looking for." Assuming that they meant

the worst based on what he had previously heard from around his neighborhood, he ran. He ran to his apartment building, up the stairs to his second porch apartment. The light to his porch was on and they could only see his silhouette. He reached into his pocket to get his wallet. They thought it was a gun, and shot him 41 times. Four armed white NYPD officers killed one unarmed black man. From this incident, social psychologist Keith Paine decided to recreate a pressured racialized situation to figure out how the average American citizen viewed black men versus white men and how that impacted their perceptions of the danger or safety of the two groups. Participants in his study were shown a combination of photos: a photo of a black man next to a photo of a tool and a white man next to a gun or vice-versa. The results showed that people, of all races and age, were most likely to misidentify a tool as a gun if paired with a black man and a gun as a tool if paired with a white man. The average person in our culture has been exposed to a categorical assumption about black men to

assume they are dangerous, and white men are not.

The stories and studies she showed were disheartening, but Dr. Cleveland pushed that we have the power to override the consequences of categorization. Though our natural tendency is to say "they" are all the same, we have the opportunity to go deeper. One may not know what it's like to be an undocumented immigrant in this country, or a woman seeking ordination in the church, but one has the power to share brainspace with those individuals. Unity of God entails interdependent relations, but if we want to practice this true unity, we must imitate Christ's humility. Philippians 2:1-3 says, "Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."

## Taylor Swift and Midterm Elections

**Ingrid Radulescu |**

Last month Taylor Swift publicly voiced her political opinions and in the next 24 hours 65,000 people registered to vote in the state of Tennessee. Ever since the 2016 election more and more celebrities have declared their political leanings, such as Kanye West supporting Trump.

I find it fascinating how we pay more attention to politics when a famous individual reveals or ex-

presses their interests in politics. This bothers me and should bother you too. Yes, I absolutely applaud celebrities like Swift who took a stand and used her platform for a greater cause. But this actually exposes the voting culture here in the USA. We brag and boast about being one of the greatest countries in the world because of our freedom. Make It Great Again, right? We police other countries on holding democratic elections but

the awkward part is that we actually have the lowest voter turnout among free democratic nations. In fact, according to pewresearch.org, there are 25 countries with a higher voter turnout than we do. In the 2016 election only 55.70% of the population voted. Is that not embarrassing? In other countries, like Australia, voting is actually compulsory, meaning you vote or you pay a fine. Plus, election day is a holiday!

America, we are doing it wrong! The apathy towards voting and political involvement among most Americans, especially the youth, is jarring. It's not about "being political" or being the most informed, it's about doing your civic duty. It's about paying respect to those who fought for you to have the right to vote (I'm talking to you, fellow females!).

By the time you read this article elections will be over and we will know

whether or not a blue or red wave has swept congress. While obviously too late to encourage you to vote, I do want to spark a conversation about the voting culture in the States and what can be done to change it. If you didn't vote this round, take it as a lesson and vote in two years.



# The Last Word



Alexi Decker  
Editor-in-Chief

## Living in the Liminal

A confession: I love liminal spaces.

For those of you who are not giant book nerds (Hi! Welcome! What’s that like?), a liminal space is a space between things—between beginning and end, source and destination. It’s both metaphorical and literal: a waiting room in a doctor’s office, a rest stop on a long road trip. A place you only visit in order to get to somewhere else, a place that only exists because it lies between two worlds. In classical literature, liminal spaces are stepping stones for the hero on their journey, places to learn a lesson or overcome a temptation. And as the hero leaves behind the liminal space, they also leave behind the past, and learn to embrace the future and their destiny.

I latched onto the term the moment I heard it because liminal spaces felt like a part of me already, like I’d finally found a name for something I’d been experiencing for years. I grew up measuring periods of my life by the airports I’d visited and the visas stamped in my passport. Isn’t college itself, after all, a liminal space, a dorm just a place to rest your head on your way to the next big adventure—the real world? I’d grown up in liminality, in airplanes and taxi rides and the space my suitcase filled in the trunk of a car. It’s familiar, safe even. Liminality is perfectly fine as long as you know where you’re going.

The issue is this: you can’t live forever in a liminal space. At some point, you have to reach your destination, take up your

destiny, become the person you were meant to be.

Of course, that’s assuming that you know what your destination is.

\*\*\*  
If you spend enough time with me in a social setting, chances are that at some point someone will mention travel and then I’ll mention Venice and it’ll all go downhill from there. It’s a place I fell in love with long before I ever set foot on the cobblestones of St. Mark’s Square, through books and pictures and documentaries. I love everything about it: its hidden alleyways, its fish markets, its perpetual dampness, its history and yes, even its throngs of tourists and overpriced gondola rides. Far from the sound of honking cars, the days were punctuated only with the chiming of church bells, the chatter of people and the glitter of lanterns at sunset. I could have lived in its beauty, in the smell of the sea and the winds off the Adriatic, like the breath of history itself.

But maybe I love Venice for another reason: it is the epitome of a liminal space. With a population of under 300,000 and an annual tourist count of over 30 million, most people come, visit for a few days and then move on, to Florence or Rome or back to the homes they came from. The city’s days are numbered. Every year it loses whole inches to the ocean, sinking into the sea. The people come and go, and maybe they love it or maybe they don’t, but still Venice stands, serene, a stop on a larger journey.

A liminal space, indeed.

\*\*\*  
Last week I called my parents and told them that, contrary to everything I’ve been saying over the last four years, I don’t want to go to grad school and I don’t know what I’m doing with my life.

It was a hard thing to admit.

After all, what if I’m not ambitious enough to keep up with research? What if I only wanted to be a professor because it’s the only thing I’ve been exposed to? What if I spend a year in graduate school and hate every second, and quit, and waste thousands of dollars on half a degree that I’ll never end up using?

The only thing scarier than not planning out the future is planning it out and regretting the choices I made.

Because as much as I need stability in my life, I also find that I crave adventure—I crave a world that keeps me up late and on my toes, that forces me to problem solve and backtrack and rethink and rework the person I am.

And that, of course, makes me wonder: what if everything I want is the exact opposite of settling down? What if I don’t have a destination? What if, instead, I wander throughout the rest of my life, drifting from place to place? What if liminality has steeped so deeply into my bones and blood that I become liminal myself, a person flickering between two worlds, never fully a part of either?

\*\*\*  
I’m always circling back to Venice. Every place I go I look for that magic, for the smell of the sea and

the taste of history. I don’t ever find it fully, but I’ve caught glimpses of it—in the sunset off the coast of Maine, in the stillness of a Michigan morning, in the bustle and noise of downtown D.C. It is my ultimate destination, and I miss it more now, as I re-evaluate my entire future, than I ever have before.

I don’t know how to resolve my worries or assuage my fears. I’m trying to learn to live with the uncertainty. After all, just because I don’t know my destination now doesn’t mean I never will.

But I also wonder if maybe the point is the liminality. Journeys don’t end with the destination. They live on in your memory, in the calluses on your feet and the photos on your hard drive. They live on in the way they’ve changed you. And, well, isn’t that what life is—the experiences that change us, the spaces between destinations?

I’m not saying that having your life planned out is a bad thing. Quite the opposite! But for those of us who find ourselves caught in the middle, unsure about which way to turn, well, I hope that you take the time to find the magic in uncertainty, the lessons in liminality. Venice straddles the line between two worlds—half sea, half city—and she does it with such grace and beauty that I can only watch with awe.

Sometimes, liminality—the journey, the change—can be a destination too.

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